

# Pick Her Up

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Heather Rowe (AUS) - February 2020

**Music:** Pick her up Hot Country Knights feat Travis Tritt



## **Heel Touches, heel heel, toe toe, heel hook, heel, touch**

- 1 – 4 Touch right heel forward, touch left heel forward  
5 – 8 Touch right heel forward, touch left heel forward  
9 – 12 Touch right heel forward twice, touch right toe back twice  
13 – 16 Touch right heel forward, hook right foot across left, touch right heel forward, touch right foot beside left.

## **Vine right and left with ¼ turn, k-step**

- 17 – 20 Step right foot to right side, cross left behind right, step right foot to right side, touch left beside left.  
21 – 24 Step left foot to left side, cross right foot behind left, step left foot to left side with ¼ turn left, touch right foot beside left.  
25 – 28 Step forward on right diagonal, touch left beside right, step back on left foot, touch right beside left foot  
29 – 32 Step back on right diagonal, touch left beside right, step forward on left, touch right beside left foot

**Restart on wall 10 count 24**

**Steps beginners learn in this dance –  
Restarts, Vines, K-step, Heel Touches, Hooks.**

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